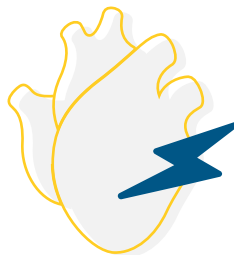


# Gout & Heart Disease

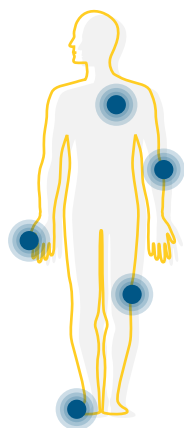
## Uncontrolled gout hurts more than just the joints.

It also increases the risk of other serious conditions, including cardiovascular disease – the leading cause of death in the United States.



### In fact, having gout:

- **Doubles the risk of death from heart failure.**
- **Increases the likelihood of heart attack or stroke by 15%.**
- **Is linked with a 58% higher risk of cardiovascular disease.**



## A Serious Problem

Gout is more than a flare. It is a chronic disease that affects the *entire* body, including the heart.

That's why managing the underlying cause of gout, high uric acid, is important in reducing the risk of a serious cardiovascular event and even *death*.

## Managing Both Conditions

Take charge of gout *and* cardiovascular health by:



**Taking medication as prescribed** to help maintain lower uric acid levels.



**Monitoring heart health** through regular blood pressure and cholesterol checks.



**Maintaining a healthy lifestyle** with exercise and a healthy diet.

Uncontrolled gout leads to serious cardiovascular problems.

ALLIANCE FOR  
**Gout Awareness**

[GoutAlliance.org](http://GoutAlliance.org)

